

Lauren Ahlstrom

Exercise Science graduate with patient care experience and leadership in high-pressure environments, pursuing a career as a Physician Assistant.

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PROFESSIONAL EXPERIENCE

Physical Therapy Technician— *Phoenix Children's Sports PT*

November 2025 - PRESENT

Instructed children and athletes through various physical therapy exercises. Updated daily notes and organized patients charts. Motivated children with a positive attitude, kept the clinic clean, and assisted therapists with any needs.

Cheerleading Instructor — *Varsity Spirit*

May 2023 - PRESENT

Instructed and coached high school to middle school age cheerleaders, motivated children with a positive attitude, ensured and demonstrated safety during cheerleading stunts, provided skill feedback and correction, helped plan and organize routines.

Occupational Therapy Technician— *AZ Hand and Shoulder*

January 2025 - August 2025

Instructed patients through various hand therapy exercises. Organized and updated patients charts. Help schedule patients, keep the clinic clean, and assist with custom splint making.

Team Leader— *Chick-Fil-A*

February 2020 - August 2024

Supervised team members, monitored team performance, and provided constructive feedback to increase productivity. Ensured food quality and provided excellent customer service.

Childcare Provider— *Busy Bees Babysitting*

December 2023 - May 2024

Created a safe and nurturing environment for children, organizing engaging activities, assisting with homework, and ensuring the well-being of children.

SKILLS

Problem-solving abilities

Leadership Experience

Organizational Skills

Time-management

Collegiate Athlete

Strong Teamplayer

Effective under High Pressure

Healthcare Experience

REFERENCES

Cody Steinke- Manager at Chick-Fil-A- 303-854-4464

Amanda Morales- Supervisor at AZ Hand and Shoulder- 954-918-4575

Katie Bowers-West Varsity Staffing Director- 714-396-2923

Kori Boe- Cheerleading Coach- 630-335-3206

Megan Bamford- Cheerleading Coach, AZ State Spirit Director- 949-525-8049

Hannah Jasurda- Supervisor at Phoenix Childrens- 715-846-5811

EDUCATION

Grand Canyon University— *Current Undergrad, Exercise Science with an Emphasis in Sport's Performance*

September 2022- April 2026

Relevant Coursework: Anatomy & Physiology, Exercise Physiology, Chemistry, Biology, Microbiology, Principles of Corrective Exercise

Douglas County High School — *High School Diploma*

August 2018- May 2022.

ADDITIONAL INFORMATION

BLS Certification — *American Heart Association*

October 2025- October 2027

NCAA Division 1 Cheerleader — *Grand Canyon University*

May 2022 - April 2026

4x Gameday Live National Champion, 2026 D1 Small Coed National Champion, community outreach, television and community appearances, represented university in a leadership role